



# The Positivity Institute

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## RESOURCES

### PERSONAL STRIVINGS QUESTIONNAIRE

#### How to Use the Questionnaire:

In this questionnaire reflect on two (2) of your personal strivings (one in your work life and the other in your personal life) and respond to a series of items in relation to each. Think of personal strivings as the objectives (goals) that you are typically or characteristically trying to attain in your daily life.

*For example:* Trying to be physically attractive to others. Trying to seek new and exciting experiences. Trying to be a better manager.

**The task:** Spend a few minutes thinking about your goals as personal strivings. There are two (2) pages that follow. As you think of your strivings, write them down in the box at the top of each page, but only put one striving per page. Try not to make them too specific (eg I will clean the car today) but a little more general like the examples given above. Once you have completed both strivings, we require some information on the nature of each of those goals. Each page has a standard set of response scales for that purpose.

**Response Options:** The response scales on this questionnaire vary. For each personal striving you are required to provide separate ratings for:

- Your motivation
- Your progress/attainment
- Your commitment

These are relatively self-explanatory, however, please note that we require responses to all questions. To avoid any confusion for you, each motivational type is accompanied by a definition. Just rate them as accurately as you can by circling the appropriate response.



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## RESOURCES

### Personal striving # 1 (Personal)

Striving because somebody else wants you to or thinks you ought to, or because you'll get something from somebody if you do. That is, you probably wouldn't strive for this if you didn't get some kind of reward, praise, or approval for it.

1 Not at all for this reason  
 2 Mostly not for this reason  
 3 Unsure of reason  
 4 Partially for this reason  
 5 Entirely for this reason

Striving, because you would feel ashamed, guilty or anxious if you didn't. Rather than striving just because someone else thinks you ought to, you feel that you ought to strive for that something.

1 Not at all for this reason  
 2 Mostly not for this reason  
 3 Unsure of reason  
 4 Partially for this reason  
 5 Entirely for this reason

Striving because you really believe that it's an important goal to have. Although this goal may once have been taught to you by others, now you endorse it freely and value it wholeheartedly.

1 Not at all for this reason  
 2 Mostly not for this reason  
 3 Unsure of reason  
 4 Partially for this reason  
 5 Entirely for this reason

Striving because of the fun and enjoyment which the goal provides you. While there may be many good reasons for the goal, the primary reason is simply your interest in the experience itself.

1 Not at all for this reason  
 2 Mostly not for this reason  
 3 Unsure of reason  
 4 Partially for this reason  
 5 Entirely for this reason

In the last 10 weeks, how successful have you been in attaining your strivings?

1 0-20% successful  
 2 21-40% successful  
 3 41-60% successful  
 4 61-80% successful  
 5 81-100% successful

How committed do you feel towards this goal?

1 Not at all committed  
 2 Slightly committed  
 3 Moderately committed  
 4 Quite committed  
 5 Extremely committed

### Personal striving # 1 (Work)

Striving because somebody else wants you to or thinks you ought to, or because you'll get something from somebody if you do. That is, you probably wouldn't strive for this if you didn't get some kind of reward, praise, or approval for it.

1 Not at all for this reason  
 2 Mostly not for this reason  
 3 Unsure of reason  
 4 Partially for this reason  
 5 Entirely for this reason

Striving, because you would feel ashamed, guilty or anxious if you didn't. Rather than striving just because someone else thinks you ought to, you feel that you ought to strive for that something.

1 Not at all for this reason  
 2 Mostly not for this reason  
 3 Unsure of reason  
 4 Partially for this reason  
 5 Entirely for this reason

Striving because you really believe that it's an important goal to have. Although this goal may once have been taught to you by others, now you endorse it freely and value it wholeheartedly.

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 2 Mostly not for this reason  
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Striving because of the fun and enjoyment which the goal provides you. While there may be many good reasons for the goal, the primary reason is simply your interest in the experience itself.

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In the last 10 weeks, how successful have you been in attaining your strivings?

1 0-20% successful  
 2 21-40% successful  
 3 41-60% successful  
 4 61-80% successful  
 5 81-100% successful

How committed do you feel towards this goal?

1 Not at all committed  
 2 Slightly committed  
 3 Moderately committed  
 4 Quite committed  
 5 Extremely committed